

Effective Discipline

CHILD'S BEHAVIOR

YOUR RESPONSES

Effective

Constructive

Temper Tantrum

Walk away.

Discuss the incident when the child is calm.

Overexcitement

Distract with another activity.

Talk about the behavior when they are calm.

Hitting or Biting

Immediately remove them from the situation.

Discuss consequences of their actions (pain, damage, bad feelings) to themselves and others.

Not paying attention

Establish eye contact to hold their attention

Lower your expectations (ask them to listen to a story for 3 minutes instead of 10; don't insist they sit through a full church service).

Refusal to pick up toys

Don't let them play until they do their job.

Show them how to do the task and help them with it; praise them when they finish



Adapted from Caring for Your Baby and Young Child: Birth to Age 5,
The American Academy of Pediatrics, 1993.



For more Fact Sheets please go to www.ParentHelpNH.org

Children's Hospital at Dartmouth, Injury Prevention Center, NH Department of Health and Human Services,
NH Department of Education, NH Pediatric Society, SAFE KIDS NH & Partnership for a DrugFreeNH.org